



Write a thank you card to yourself.

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Think of your five senses. Write about your favorite thing to hear, smell, taste, see, and touch.

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What is your favorite type of workout?

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Write about your ideal situation of coziness. Create that situation, whether it's a warm blanket by the fire, clean sheets, or your favorite slippers.

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# GRATITUDE FOR THE WORLD

Describe your favorite place outside.

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If you had to give up all of your possessions, which three things would you keep?

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Describe your favorite place in your house.

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Write about something your community does that you enjoy.

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What advice would you have given yourself at the beginning of last year?

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**ADDITIONAL NOTES:**

Thanks for everything.

iFIT >

iFIT >

THANKFUL

— THANK YOU —

iFIT >

*Thank you!*

iFIT >





# GRATITUDE JOURNAL

